



Category (Salads)

Easy Grilled Chicken Salad

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<p><u>Recipe</u></p> <p>4 (6-ounce) skinless, boneless chicken breast halves 1 tablespoon olive oil 1/2 teaspoon salt 1/2 teaspoon freshly ground black pepper 1/3 cup finely chopped celery 1/3 cup sweetened dried cranberries 1/4 cup chopped pecans, toasted 3 green onions, thinly sliced 3 tablespoons light sour cream 3 tablespoons canola mayonnaise 2 teaspoons fresh lemon juice 1 bag fresh spinach</p> <p>Preheat grill to medium-high heat. Brush both sides of chicken evenly with oil; sprinkle with salt and pepper. Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done. Let stand 10 minutes; shred. Place chicken in a large bowl. Add celery and next 3 ingredients (through green onions); toss.</p> <p>Combine sour cream and remaining ingredients, stirring well. Add sour cream mixture to chicken mixture; toss to coat. Serve over fresh spinach.</p>	<p><u>Grocery List</u></p> <p>Boneless, skinless chicken breasts Celery Sweetened dried cranberries Pecans Green onions Light sour cream Canola mayonnaise Lemon Bag of fresh spinach</p>
<p><u>Side dish</u></p>	<p><u>Tips/Helpful hints</u></p>